



**Donald R. Stern, MD, MPH**  
**Health Director**

# Annual Report

## Fiscal Year 2008-2009

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*Working together for a healthier Richmond*

### **AGENCY OVERVIEW**

The Richmond City Health District (RCHD) provides a comprehensive set of public health programs and services for Richmond City. RCHD efforts include clinical, field and community based efforts in the area of reproductive health, communicable disease control, various categorical public health programs, environmental health, and disaster preparedness and response.

#### **Vision**

*Working together for a healthier Richmond.*

#### **Mission**

*The mission of the Richmond City Health District is to **P**romote healthy living, **P**rotect the environment, **P**revent disease and **P**repare the community for disasters.*

### **Best Health Department Facility in the State**

RCHD moved to its new location at 400 East Cary Street with Phase One (program and administrative staff) in January 2009 and Phase Two was completed in October 2009 as all clinical services were relocated from the 10<sup>th</sup> Street Clinic location.

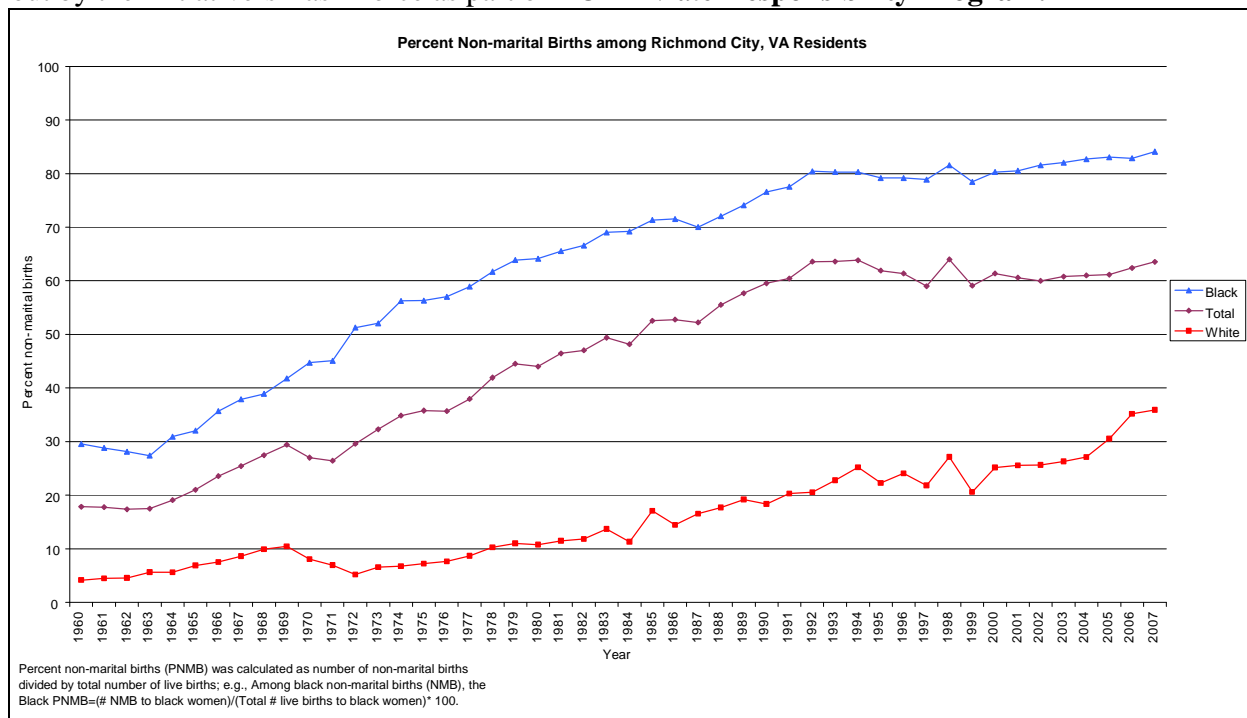
RCHD is now housed in the best local health department facility in the Commonwealth of Virginia and will be providing free parking for its patients for the first time in over 40 years.



## Richmond City Health District, Richmond, Virginia

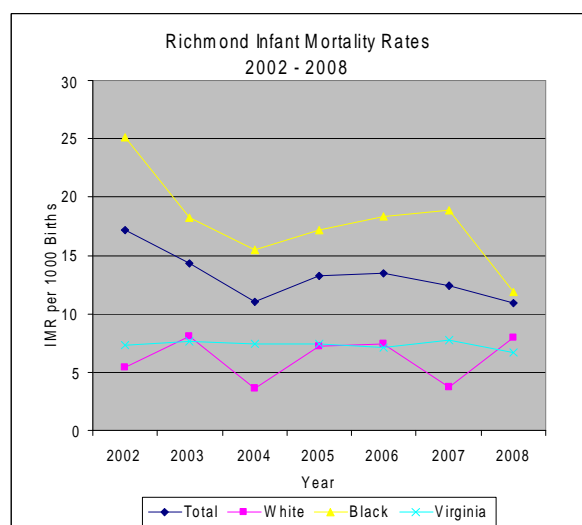
### Unplanned Pregnancies Continue to Rise

The rate of unplanned pregnancies continues to rise in Richmond. The *MAN UP! Richmond* Initiative is designed to provide a set of solutions to unplanned pregnancies, poverty, poor health outcomes and health disparities in Richmond developed by the Initiative's Core Team and carried out by the Initiative's Task Force as part of RCHD *Male Responsibility Program*.



This effort employs prevention strategies looking at building human capital rather than building more jails. The most significant demographic trend in Richmond City, like many similar cities, is the trend toward single (father absent) births. 63% of all births in Richmond occur to women who are single at the time of birth. This is not just a teen pregnancy issue. 75% of these non-marital births are to women 20 years of age or older. Non-marital births were 10% of all births in 1950, 20% in 1965, and have risen to 63% in 2007.

### Black Infant Mortality Rate at Lowest Point in Richmond History



The total infant mortality rate in 2008 was 10.9 deaths per 1000 live births – the lowest rate for Richmond since 1997, and we have made substantial progress in reducing the white/black infant death disparity with a drop in the black infant death rate from 18.9 in 2007 to 11.9 in 2008, the lowest in recent history.

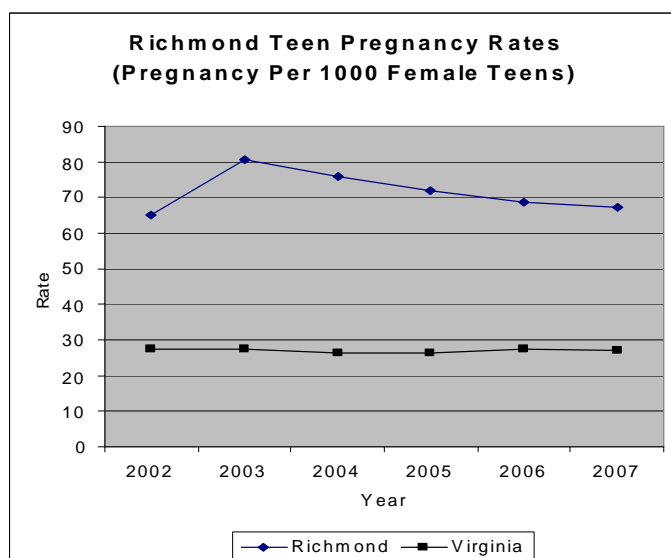
RCHD contributed to this decrease through the *Perinatal Program* that provided prenatal care and case management support to 399 women this past year and the *Supplemental Nutrition Program for Women, Infants, and Children (WIC)* served nearly 60% of all pregnant women residing in Richmond.

## Richmond City Health District, Richmond, Virginia

The **Resource Mother's and GEMS Programs** continued to focus on reducing infant death among teen mothers. Working with the federally funded **Richmond Healthy Start Initiative** the RCHD conducted activities designed to raise public awareness on lowering risks for infant death and improving birth outcomes. RCHD and Richmond Healthy Start Initiative partnered with VCU to promote VCU's "One Tiny Reason to Quit" campaign that targets smoking as a behavioral risk factor and encourages pregnant women to quit by calling 1800QUITNOW.

### Teen Pregnancy Prevention

The **Adolescent Health Program** partnered with Richmond Public Schools and the Department of Social Services to implement the **Helping Youth Prevent Pregnancy Program (HYPP)**.



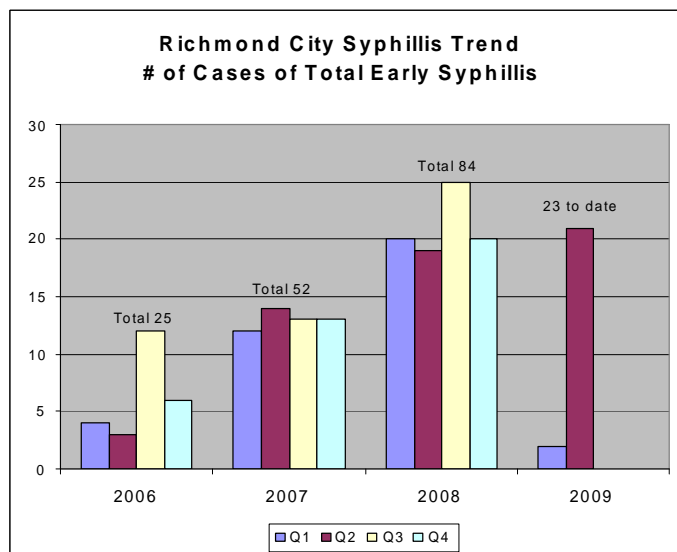
Through combined efforts, more than 1900 elementary, middle and high school students participated in pregnancy prevention programs during the 2008-09 fiscal year. A 5 lesson curriculum was developed to supplement the puberty discussion for 5<sup>th</sup> graders conducted by Richmond Public School nurses. The *Worth the Wait* curriculum was piloted with 7<sup>th</sup> graders and an adaptation of *Reducing the Risk* curriculum was implemented in the 9<sup>th</sup> and 10<sup>th</sup> grades.

RCHD also leads the **Richmond Campaign to Prevent Teen Pregnancy**, a community engagement approach

including an Executive Council of community leaders and the Teen Pregnancy Prevention Community Advisory Board representing public and private entities from throughout the City working on teen pregnancy prevention.

### Sexually Transmitted Infections

Efforts to reduce STIs continue to be a challenge. The year 2007 and 2008 saw a significant spike in early syphilis cases. A public awareness campaign, aggressive case-finding efforts and treatment have resulted in a current decrease of syphilis rates for the first half of 2009. To date the rate of new cases has decreased by 35%. However, HIV rates continue to rise and co-infection of syphilis and HIV is a primary concern.



RCHD **STI Program** staff partnered with 13 community agencies to encourage residents to be tested for sexually transmitted diseases. The successful PUSH campaign was conducted again this fiscal year as an aggressive community testing

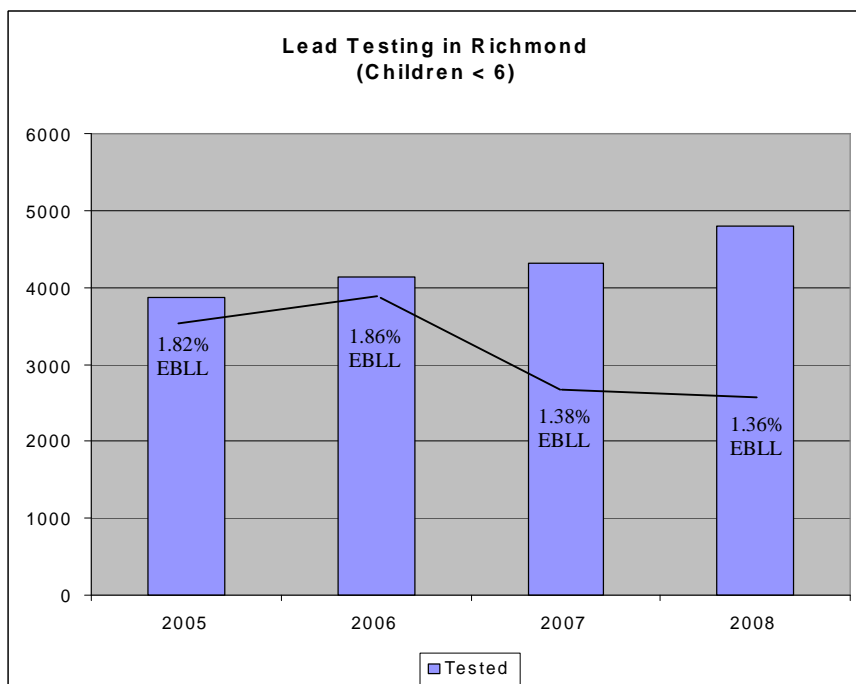
## Richmond City Health District, Richmond, Virginia

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effort. By finding those citizens infected with a sexually transmitted disease, we not only treat them but their partners as well. It is through this process that the rate of STI's will decrease. In Fiscal Year 2009 we had a record 7,199 visits to our *STI Clinic*.

### Lead Poisoning Continues to Decrease

The RCHD *Lead Safe Richmond Program* continued to contribute to a reduction of lead poisoning in Richmond's children population. Of the 4,795 children screened this past fiscal year, only 1.36%



had an elevated lead level. A 3 prong attack has been used: increase screening rates, case manage those cases above 10 $\mu$ g/dl of blood, and environmental assessments of primary and secondary residences. We continue to provide leadership regarding new federal laws pertaining to the renovation of houses. The program also assisted the City's Department of Community Development in the submission of a HUD Lead Remediation Grant.

## Richmond City Health District, Richmond, Virginia

### REPRODUCTIVE HEALTH SERVICES

The goal of the **Family Planning Program** is to promote reproductive planning through community based and clinical services providing reproductive health services to women and men. The focus is on prevention of unplanned pregnancies by providing counseling and birth control methods. There were 2,733 patient visits last fiscal year.

The goal of the **Prenatal Program** is to promote healthy pregnancy outcomes by providing quality prenatal care and pregnancy education through community based and clinical services. There were 3,055 patient visits during FY 2008-09. RCHD provides education on a broad range of topics including breastfeeding, injury prevention, SIDS, folic acid, and signs of preterm labor.

The **Resource Mothers Program** is a competitive grant-funded program for first-time pregnant teenage women designed to reduce infant mortality, reduce low birth-weight babies, and to prevent repeat teen pregnancies. Services are provided to participants until their baby's first birthday. Mentors provide counseling, parenting education, ensure that program participants keep medical appointments, and promote staying in school. There were 2,791 visits last fiscal year.

**GEMS (Girls Empowered to Make Success)** is the companion program to Resource Mothers that enrolls younger sisters of Resource Mothers participants and other at-risk girls. The primary goal of GEMS is to prevent teen pregnancy among high-risk girls between the ages 9-15. The program promotes positive life choices by providing adult mentor relationships, involvement in community activities, and goal setting.

The purpose of the **Supplemental Nutrition Program for Women, Infants, and Children (WIC)** is to provide nutritional supplements and nutritional education to all participants. Participants include pregnant women, post partum women and children up to the age of five. Goals are to improve pregnancy outcomes, prevent nutritional deficiencies and support optimal growth and development. The average number of clients served per month was 6,501 last fiscal year. This program plays a vital role in the District's plan to reduce infant mortality and to decrease childhood obesity through nutritional education and the promotion of breastfeeding. In addition, all age appropriate children are screened for lead poisoning.

RCHD Reproductive Health Services			
	FY 2007-08	FY 2008-09	Percent Change
Service & Programs	Number of visits	Number of visits	
Maternity	2,687	3,055	14.0%
Family Planning	1,744	2,733	57.0%
# Adolescents Served	204	815	300%
Resource Mothers	2,762	2,791	1%
WIC	6,243	6,501	4.1 %
Contracted Family Planning (provided under RCHD contract by local safety net clinics)			
	Number served FY 07-08	Number served FY 08-09	Number served FY 08-09
V.J. Harris Clinic*	1,123	4,184	272%
Fan Free Clinic*	2,182	1,517	- 30%

\*To help ensure access to care, the RCHD contracts with community health clinics to provide family planning services. Administrative and nursing management operations at these facilities impact the number of patients they served.

## Richmond City Health District, Richmond, Virginia

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### COMMUNICABLE DISEASE SERVICES

The RCHD *Epidemiology Team* conducts surveillance and investigates *reportable diseases* to minimize effects of communicable disease outbreaks within the community. Activities included working with local schools, residence facilities and food service establishments to manage issues of concern. Shigellosis and norovirus outbreaks were controlled by work of the Epidemiology team this last fiscal year.

The *Immunization Program* promotes and provides childhood and adult immunizations to prevent disease outbreaks in Richmond. 5,582 immunizations were given to prevent multiple diseases last fiscal year.

The *Tuberculosis Control Program* protects Richmond from transmission of tuberculosis by identification, assessment, monitoring, and treatment of individuals with tuberculosis disease. The TB Program staff also assesses those exposed to individuals with tuberculosis. In addition to clinical treatment, RCHD outreach personnel provided direct observational therapy (DOT) assuring proper drug administrations for all active TB cases in Richmond. 2,059 visits were made to the TB clinic this past fiscal year and 9 active cases of TB were reported and followed through the year.

The *Sexually Transmitted Infection/HIV Team* conducts contact investigation for positive cases of HIV, syphilis, and gonorrhea. The team facilitates treatment and testing of partners as well as provides counseling and educational outreach activities working with clinical services staff and community partners. Syphilis outbreak has been limited in scope by the work of the STD Team. There were 7,199 visits to STI clinic this past fiscal year.

The RCHD *Newcomer Refugee Program* provides initial health assessment and immunizations for refugees coming to Richmond. There were 291 visits made last fiscal year.

RCHD Communicable Disease Services			
	FY 2007-08	FY 2008-09	Percent Change
Program/Service	Clinic visits	Clinic Visits	Clinic visits
STD Clinic	6,217	7,199	15%
Outreach HIV Screening (field tests)	303	180	-40.5%
Immunization (children)	1,027	3,452	236%
Immunization (adults)	1,455	2,130	43.6%
TB Clinic	2,586	2,159	-16.5%
Active TB (number of cases)	5	9	80.0%



**PUBLIC HEALTH PROGRAMS**

The goal of ***Lead Safe Richmond*** is to protect children under the age of 6 years and pregnant women from the effects of lead poisoning. The Lead Program promotes the screening of children and pregnant women for elevated blood-lead levels and provides case management for lead poisoned children; provides environmental assessments in the homes of lead-poisoned children; enforces City ordinances regarding lead paint, and educates families and the community on ways to make their homes lead safe. In the past 4 years, the number of children screened has increased 25% to 4,795 and the percent found with elevated blood-lead levels has been reduced from 1.82% to 1.36%.

The ***Chronic Disease Prevention Program*** conducts health awareness and educational activities to help citizens prevent chronic diseases such as cancer, diabetes, cardiovascular and respiratory disease. The Chronic Disease Prevention Division operates the popular ***Rock! Richmond Fitness Program*** that is conducted by professional fitness instructors at community sites throughout the City to encourage healthier lifestyles for Richmond citizens with over 1200 citizens participating at 40 different sites. The year 2007 saw a reduction in the overall death rate in Richmond (1000 deaths/100,000 population) as compared to 2006 with 1100 deaths/100,000 population. Deaths due to cardiovascular disease (182 deaths/100,000 pop.) fell below the state rate (183 deaths/100,000 population) for the first time in recent history.

The RCHD partnered with the Virginia Department of Health and Capital Area Health Network to create the ***Richmond Smiles Mobile Dental Program***. Low cost dental services are provided to uninsured residents at several locations. Richmond Smiles provided dental care to 772 residents in FY 08-09. Most patients were uninsured adults who required acute care for severe dental caries.

The RCHD ***Adolescent Health Program*** focuses on teenage pregnancy prevention by helping to motivate young people to develop life skills that will encourage healthy lifestyle choices through the ***Helping Youth Prevent Pregnancy (HYPP) Program***. HYPP offers a wide range of educational services including a curriculum-based life skills and sexuality information program to adolescents in Richmond Public Schools and within the community. 505 sessions were held last fiscal year serving 1,905 adolescents.

RCHD also leads the ***Richmond Campaign to Prevent Teen Pregnancy***, a community engagement approach including an Executive Council of community leaders and the Teen Pregnancy Prevention Community Advisory Board representing public and private entities from throughout the City working on teen pregnancy prevention.

The ***Male Responsibility Program***, funded by the VDH's Partners In Prevention Program, goal is to reduce unplanned pregnancies without increasing the incidence of induced pregnancy terminations. RCHD's program targets men between the ages 20-29. The program provided education, mentoring and counseling on the benefits of waiting until marriage to conceive a child with the intent of ensuring a stable and healthy family foundation.

***Man Up! Richmond*** is a city wide effort to reduce non-marital births, decrease the school drop out rate among males, and to increase 2 parent families. Beginning in the summer of 2008, Man Up! Richmond convened a Core Team of diverse community leaders and has engaged them in a strategic planning process in the areas of community mobilization, social marketing, resource development, policy development and work force development. Man Up! Richmond has also

## **Richmond City Health District, Richmond, Virginia**

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developed a Task Force of over 100 community service providers, hosts an annual Fatherhood Forum for senior level leaders, developed a Fatherhood Resource Guide, and provided technical assistance training opportunities for Task Force members.

**George Wythe High School Health Center** is a collaboration with Richmond Public Schools (RPS), Communities-In-Schools (CIS) of Richmond, Richmond Behavioral Health Authority, Richmond Department of Social Services and other partners to provide access to basic health services by augmenting the traditional school nurse service with a nurse practitioner. Efforts are directed to linking students a medical home within the community.

The **Office of Vital Records** issued 17,602 death certificate copies in fiscal year 2008-09

**Public Health Resource Centers** are being established on various Richmond Redevelopment and Housing Authority campuses providing a wide range of public health services for RRHA residents.

The RCHD strengthened partnerships, established new relationships, and participated in various organizations, committees and task forces. Memberships and **community partnerships** included association with:

Richmond Healthy Start Executive Committee, Healthy Start Consortium,, Richmond Campaign to Prevent Teen Pregnancy, Richmond Behavioral Health Authority, VDH Family Planning Advisory Committee, City of Richmond Vision 2020 Planning Committee, School Health Services Partnership, School Health Advisory Board, Head Start Medical Advisory Group, Family Life Committee, Lead Poison Task Force, Emergency Response representation (MMRC, CRI, Pandemic Flu Plan). American Cancer Society, Virginia Heart Disease and Stroke Alliance, Richmond Ambulance Authority, Virginia Diabetes Council, Health Promotions for People with Disabilities, the Tobacco Use Control Project, Friends of Prevention Coalition, Community Planning and Management Team for Richmond City CSA office (CPMT), VCU School of Public Health, VCU School of Nursing.

<b>Public Health Programs</b>			
<b>Program</b>	<b>FY 2007-08</b>	<b>FY 2008-09</b>	<b>% Change</b>
<b>Lead Safe</b>			
- Blood-lead screening	5,472	6,515	19.0%
- Childhood lead poisoning cases reported	58	64	10.3%
<b>Rock Richmond</b>			
- Classes	1,872	1,914	2.2%
- Participants (Ave per month)	1,000	1,224	2.2%
<b>Richmond Smiles</b>			
- Patients Served	NA	772	NA
<b>Helping Youth Prevent Pregnancy</b>			
- Sessions held	483	505	4.5%
- Adolescents Serviced	2,687	1,905	-29.1%



## Richmond City Health District, Richmond, Virginia

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### ENVIRONMENTAL HEALTH SERVICES

Environmental Health inspectors inspect all city food establishments and food vendors to ensure quality service and sanitation according to State statutes and regulatory authority. Complaints and cases of food or water-borne illness are investigated to determine and eliminate causes. Environmental Health personnel provide training for food handlers, issue temporary health permits, and inspect street food-vendors. Environmental Health inspectors inspect the local dairy plant under federal guidelines and State statutory authority. They inspect public swimming pools and marinas, conduct animal bite/rabies investigation, West Nile Virus education, and investigate complaints of rodent infestation.

RCHD Environmental Health Services			
	FY 2007-08	FY 2008-09	% Change
Activity/Service	Service numbers	Service numbers	
Number of restaurant inspections	2,939	3,128	6.4%
Total number of food service inspections	4,474	3,384	-24.3%
Food permits issued	193	145	-24.8%
Animal bite/rabies investigations	251	218	-13.1%
Positive rabies in animals	1	2	100%
Hotel/motel inspections	77	67	-12.9%
Swimming pool inspections	33	61	84.8%
Environmental complaint investigations	483	404	-16.3%
Training classes conducted	8	9	12.5%
Food handlers trained	196	476	142%

Also in 2009 the RCHD initiated the **Food Safety STAR Award**. This is a bi-annual award that recognizes food service establishments regulated by the RCDH that demonstrate a high degree of food safety and sanitation as well as compliance with food service regulations of the Virginia Board of Health. Nominees for the award are identified by zero critical violations on their food sanitation inspection reports. Winners are determined by a committee of inspectors.

### EMERGENCY PREPAREDNESS & RESPONSE

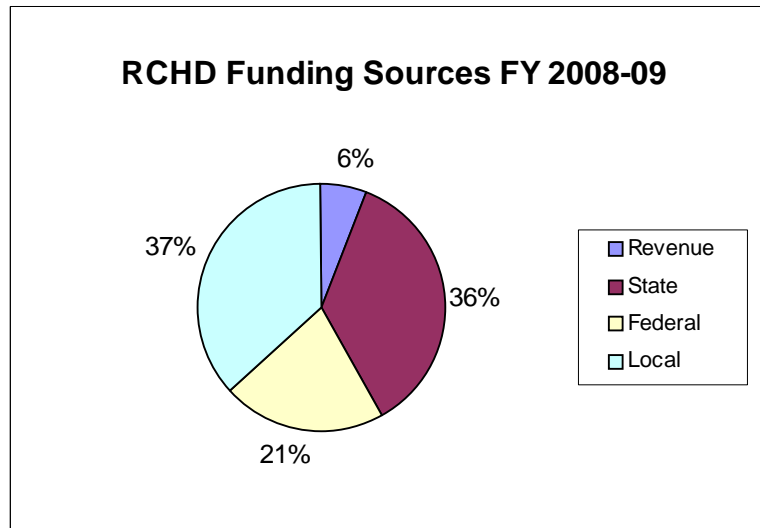
RCHD EP&R Program goal is to enhance Richmond's readiness for natural and man-made disasters focusing on biologic and chemical incidents. The Program provides preparedness and response training for all RCHD staff. The RCHD serves as the lead agency for ESF-8. The Richmond City Medical Reserve Corps, a trained group of volunteers ready to assist the RCHD has over 150 members.

## Richmond City Health District, Richmond, Virginia

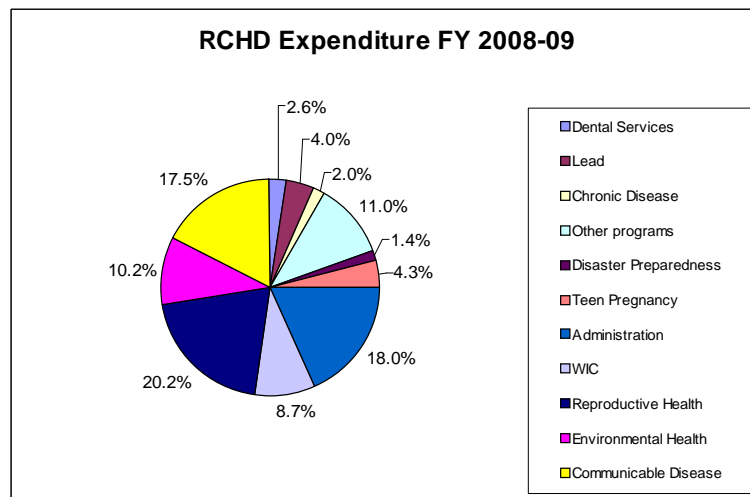
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### FUNDING & OPERATIONS

The Richmond City Health District was budgeted at a level of \$10,366,107, which is comprised of several funding sources. The funding expenditures are based on state mandated services and meeting the legal requirements of the many grants we receive.



*The above chart represents a total of **\$10,336,107** in funding. **\$3,644,900** was comprised of state funds, **\$3,865,510** local funds, **\$ 623,720** revenue funds and **\$2,201,977** in federal grants.*



*The funding level for this fiscal year increased slightly over the previous year. However, the health services demands also increased. The RCHD funding level is keeping pace with funding needs due to an increase in federal grant funding.*